

# How to win the 3MT

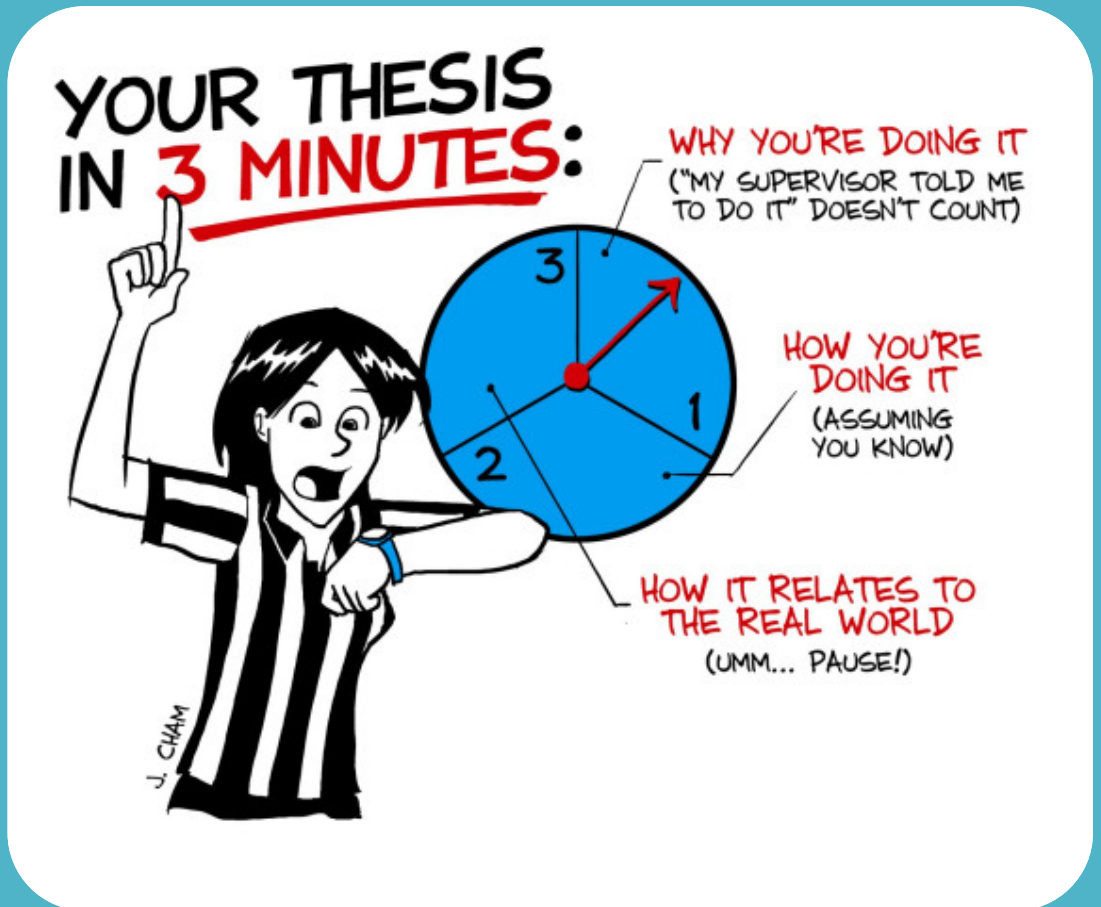
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Graduate Research  
Development Advisor  
(Science)

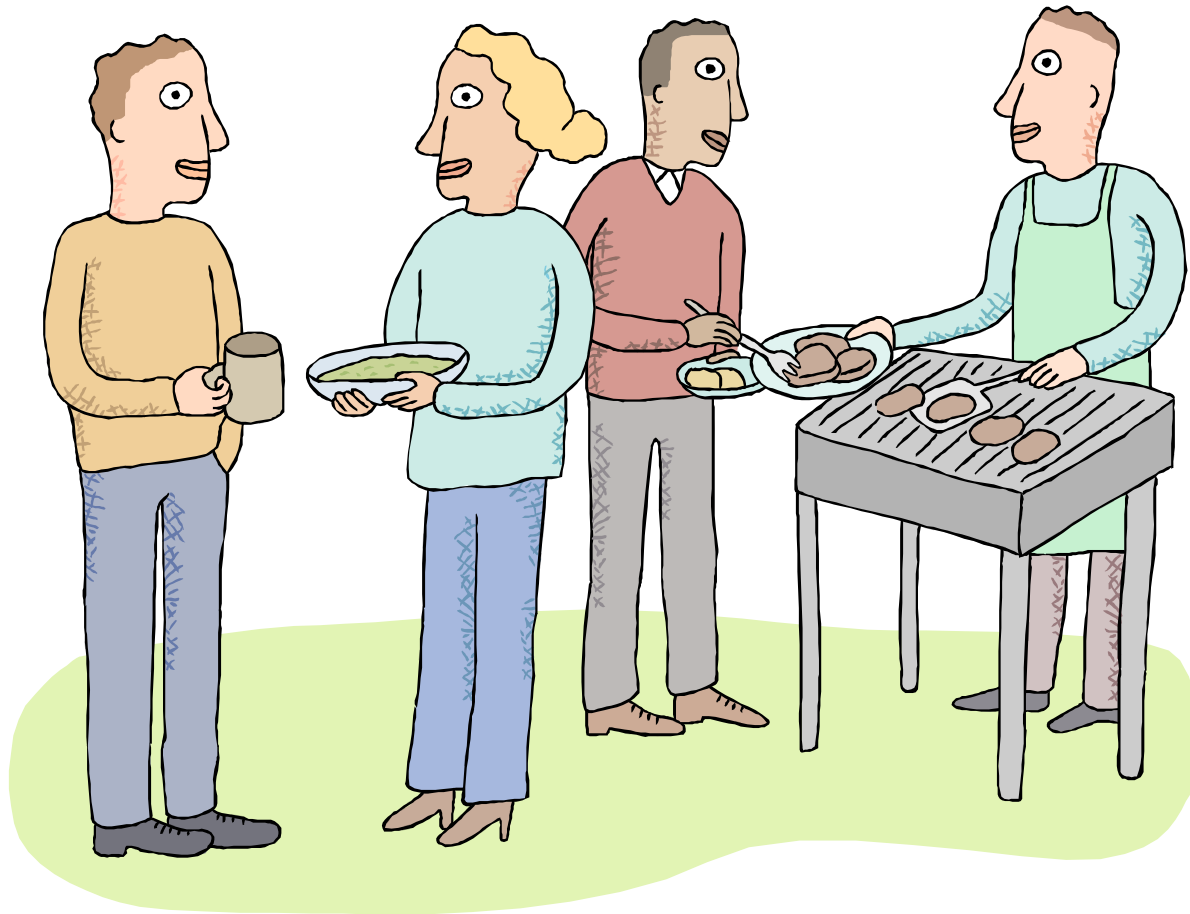
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# So, what's your PhD about...?



An 80,000 word PhD thesis would take 9 hours to present.

Your time limit... **3 minutes.**

superficial?

trivialising?

dumbing down?



# What is the 3MT?

What's a “three minute thesis”?

- an **engaging** & dynamic talk

- on your thesis topic and its **significance**

- in **three minutes**

- in **language** appropriate to an intelligent but **non-specialist audience**

<http://threeminutethesis.org>

3MT is a professional international competition which was developed by the University of Queensland in 2008.

# What's the aim?



To build your capacity to **explain research** to a non-specialist audience and **consolidate your ideas** & discoveries

To **promote higher degree research** within university and wider communities

# Who can enter?

Can enter	Cannot enter
<p>Anyone currently enrolled in a PhD or MPhil (MPhil candidates can progress to MQ Uni finals, but not to Asia-Pacific 3MT competition)</p>	<p>MRes candidates Those enrolled in a <i>professional</i> doctorate by coursework (ie less than 2/3 research)</p>
<p>HDR candidates at time of <i>first</i> 3MT heat, regardless of status change by Asia Pacific event date (16 Sept)</p>	<p>HDR <i>graduates</i> at time of first heat HDR candidates who have not yet passed Confirmation of Candidature by first heat</p>
	<p>For finals, those who have not won their preceding heats</p>

check with faculty or dept/school

# What are the rules?

✓ Dos	✗ Don'ts
Stay within 3 minutes	Go overtime (or too far undertime)
Use one static slide	Use more than one slide
Speak on <i>your</i> research project	Include animation on your slide
Stay in the frame for the whole talk	Use any other media (sound/video files)
Film continuously for the 3 minutes (no cuts or other angles)	Use any props, eg costumes, instruments, samples, models, equipment, other people
[Memorise your talk]	Deliver your talk as a song, poem, rap, role play

# What am I judged on?



Comprehension and Content	Engagement and Communication
<ul style="list-style-type: none"><li>• Logical flow/storyline</li></ul>	<ul style="list-style-type: none"><li>• A reinforcing slide</li></ul>
<ul style="list-style-type: none"><li>• Clearly explained technical words</li></ul>	<ul style="list-style-type: none"><li>• Did not to trivialise or generalise their research</li></ul>
<ul style="list-style-type: none"><li>• Clearly articulated topic and significance</li></ul>	<ul style="list-style-type: none"><li>• Good eye contact; colourful voice; conveys enthusiasm</li></ul>
<ul style="list-style-type: none"><li>• Clearly articulated results and/or impact</li></ul>	<ul style="list-style-type: none"><li>• Captures and maintains attention</li></ul>
<ul style="list-style-type: none"><li>• Appropriate pace</li></ul>	<ul style="list-style-type: none"><li>• Piques interest to find out more</li></ul>



# What's in it for me?

Skills

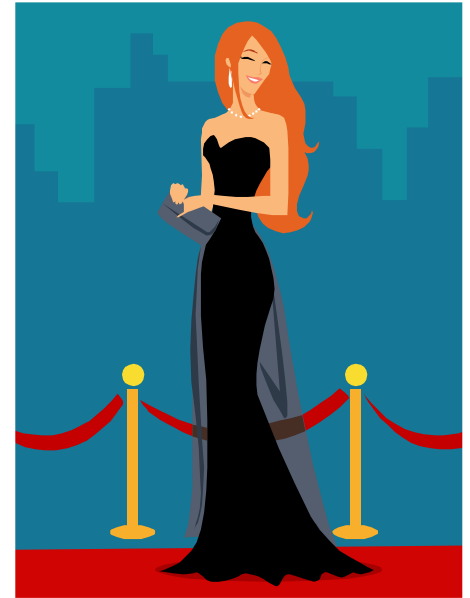
Portfolio piece

Fame & fortune

And this year...

- MQ Final Prizes**
- **Winner: \$1000**
  - **Second Place: \$500**
  - **Third Place: \$250**
  - **People's Choice: \$250**

Each of the 12 finalists receive an exclusive Pitch Masterclass, 1:1 Coaching, and a spotlight interview on [2SER radio](#).



# What's great about entering



*It forced me to think about the big picture, truly define what I do, and how to explain this to others, simply and succinctly.*

Vicki Metzis  
UQ 3MT Finalist, 2010

*Anytime I go into a job interview in the future I have the best parts of my PhD, the real essence of it, wrapped up in an explanation that even non-specialists can understand. That will be a definite advantage.*

Tim Paris,  
2012 Trans-Tasman Winner



*[Competing] in the 3MT is both terrifying and yet one of the best thing you'll ever do to **focus your research**. Although I didn't make it through, I **gained valuable feedback** from my peers and academics, and [am] all the more determined to get it 'right' next time. The main thing I gained from the experience is that although people were genuinely interested in my research, they were a little confused by the theory I had pulled together to justify it all.*

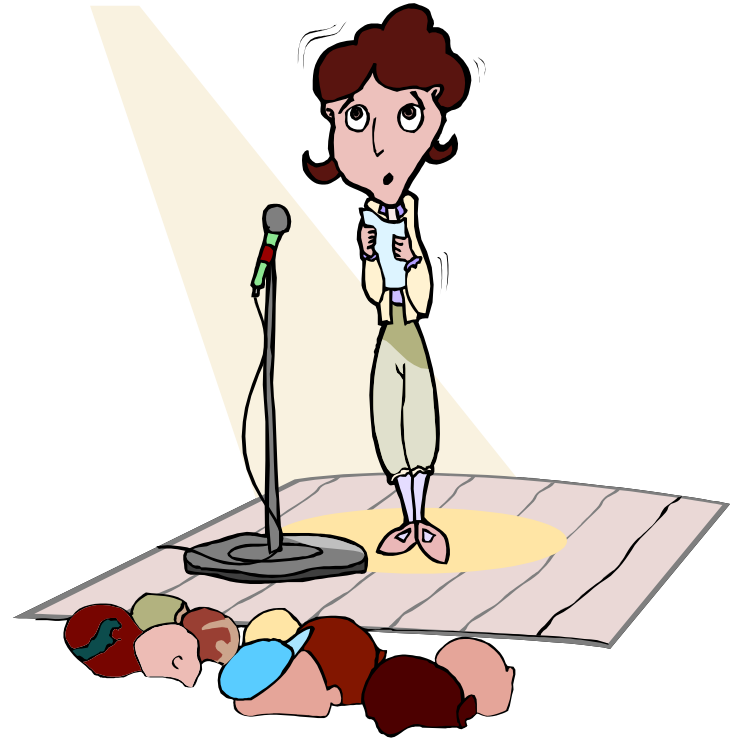
Comment by IMMED8 in blogpost  
[thesiswhisperer.com/2017/07/12/is-it-worth-doing-the-three-minute-thesis/](https://thesiswhisperer.com/2017/07/12/is-it-worth-doing-the-three-minute-thesis/)

# Should I enter this year?

What's stopping you?

Misconceptions

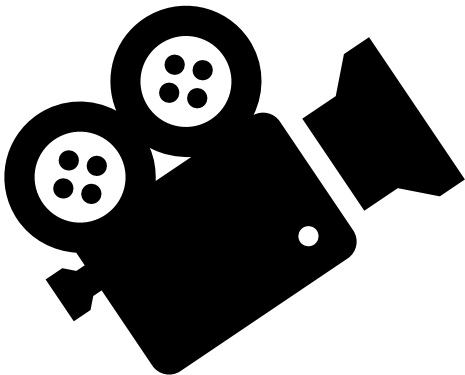
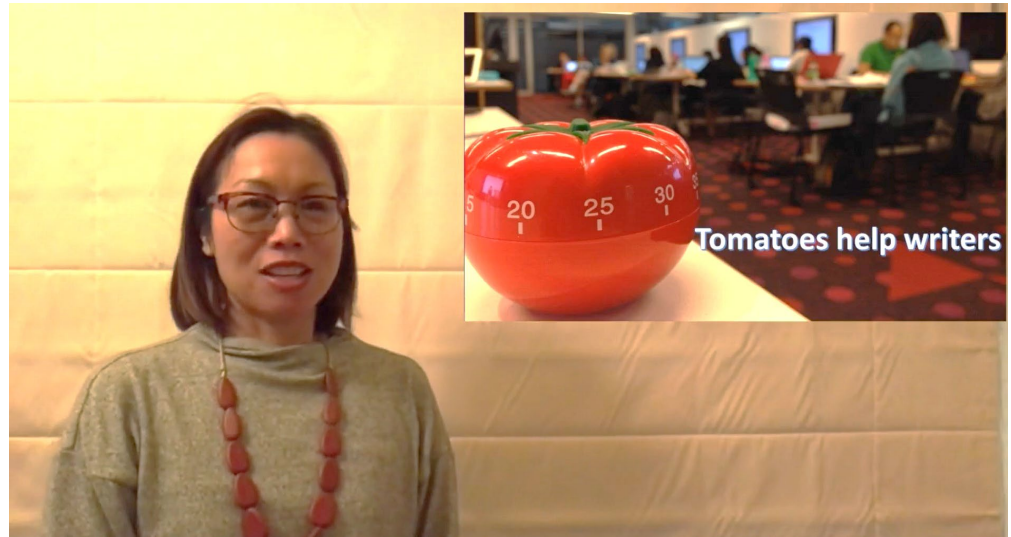
Valid objections



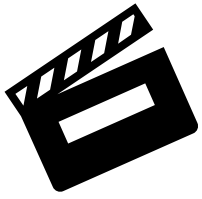
So how do I win the 3MT?

# Additional considerations

3MT remains VIRTUAL!!



Video submission only  
(no live presentations before an audience)



# Lights, camera action!

## Virtual 3MT

Note: Competitors *\*will not\** be judged on video/recording quality or editing capabilities (optional inclusions). Judging will focus on the presentation, ability to communicate research to a non-specialist audience, and 3MT PowerPoint slide.

### Equipment:

- ✓ Video camera/ smart phone
- ✓ Tripod / camera mount (not a person!)
- ✓ Video editing software

### Location:

- ✓ Indoor room
- ✓ plain background

### Lighting:

- ✓ position light source *in front* of you
- ✓ natural light is better than artificial
- ✓ avoid dark shadows

### Eye contact:

- ✓ position the camera at eye level
- ✓ look directly into the camera
- ✓ memorise your talk

### Audio:

- ✓ eliminate background noise
- ✓ eliminate echo/reverb with soft furnishings
- ✓ a continuous 3 minute take: no sound edits or breaks
- ✓ if using a lapel mic, test levels and potential interference
- ✓ speak clearly and with passion

### Visuals:

- ✓ Remain in focus at all times
- ✓ Stand and deliver (half of torso showing)
- ✓ No props, costumes, busy or virtual backgrounds, animations

# Video formats and requirements

Top right: e.g. [Juliën Lubeek](#)



OR

Cut to: e.g. [Hamid Yahyaei](#)



- Film in the horizontal, ie landscape orientation
- Film on a plain background
- Film from a static position and from one camera angle
- Insert the MQ 3MT **title slide** at the beginning
- Insert **your 3MT PowerPoint slide** (top right corner/cut to): use video editing software for this, eg [kapwing](#), [OpenShot video editor](#)

For step-by-step instructions, go to the [Virtual 3MT Competitor Guide](#) or [Manual](#)

# Title Slide



**Name**

Department

Faculty

***3MT Title***



# Submitting your entry

You need to submit:

- your video, as a **vimeo** link
- your two slides (title slide and 3MT slide)

To get a vimeo link:

1. Create a free vimeo account at [vimeo.com](https://vimeo.com)
2. Upload your video
3. Give your video a title: Name\_3MT Title, eg *JulietLum\_TomatoesHelpWriters*
4. Enter the details of your video
5. Vimeo will assign a link (URL) to your video.

# Key dates for 3MT 2022

Video submission **faculty** heat deadlines:

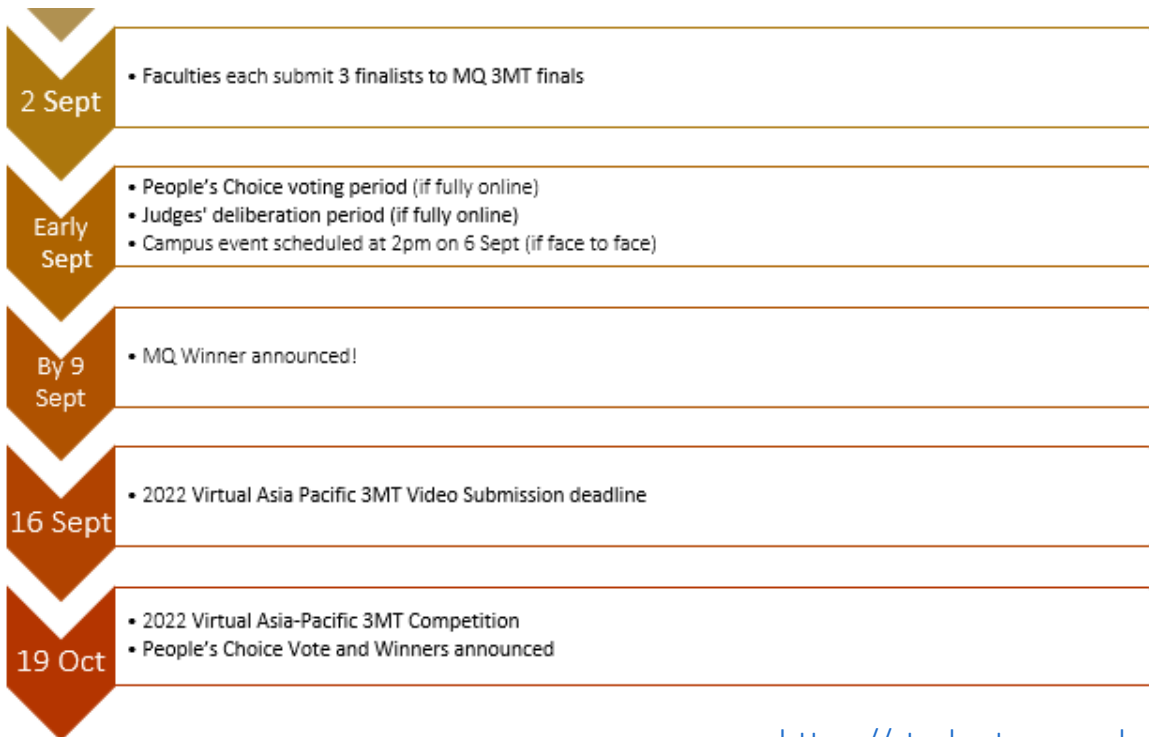
**FSE:** Monday 15 August

**FMHHS:** End of August, date TBC

**FoA:** Wednesday 17 August

**MQBS:** Friday 19 August

NB. Some schools/departments may also run heats which will be earlier than these dates – keep an eye out for information from your faculty liaisons and ddHDRs



# Practise Practise Practise!



Watch previous winners' 3MTs.

Read your talk aloud with a timer.  
**Refine.**



Memorise your talk. Practise looking directly into the camera



Film yourself and add in slide. Upload video to vimeo

Watch & listen. **Refine.**

Share your video with friends and family. Ask for constructive criticism.  
**Refine**

# 3MT feedback and practice

Book a personalised feedback session on your 3MT presentation or discuss your idea with your Graduate Research Development Advisor:



Dr Megan Brewer (STEMM)  
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Dr Francesca Mataraga (HASS)  
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# Resources



**MACQUARIE**  
University

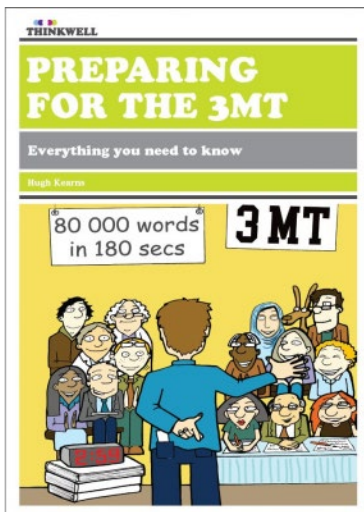
<https://students.mq.edu.au/study/hdr/3-minute-thesis-competition>

Timeline, Rules, Judging criteria, Judges, MQ Prizes



<https://threeminutethesis.uq.edu.au/virtual-competition>

Rules, Judging criteria, and Virtual Competitor guide



*Preparing for the 3MT* eBook.

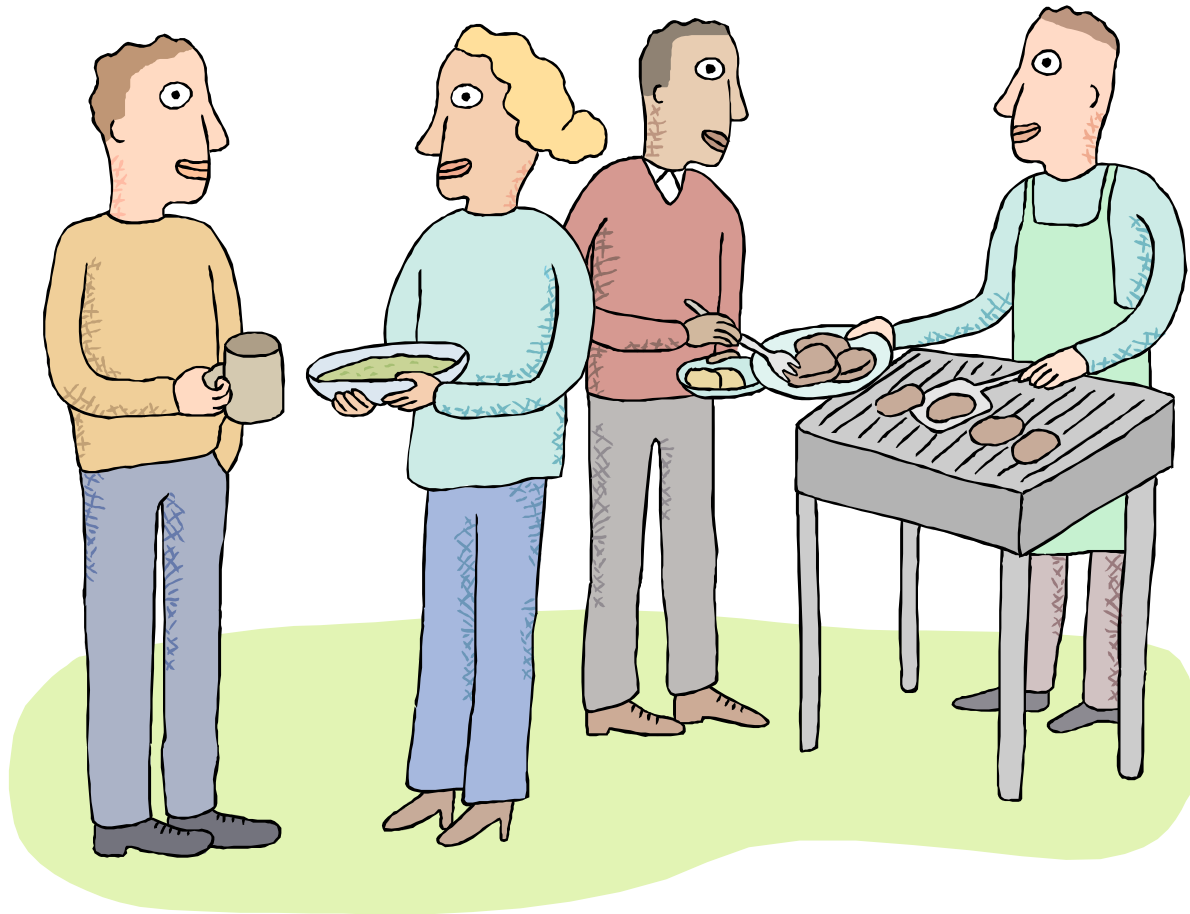
RRP \$9.90.



Free downloads:

- <https://www.ithinkwell.com.au/resources/3mt-look-and-learn>
- <https://www.ithinkwell.com.au/resources/3mt-judging-criteria>

# So, what's your PhD about...?



Q & A